UPCOMING EVENTS:

EVERY WEDNESDAY IS WALKING WEDNESDAY MEET AT BASE OF R2 STAIRS 12:00

POP PILATES FEBRUARY 5TH STUDENT GYM 2ND FL R2 5:00

MED STUDENT HERB GARDEN SEED PLANTING FEBRUARY 6TH STUDENT KITCHEN 4:00

MINDFULNESS FEBRUARY 11TH STUDENT COMMONS 12:15

POP PILATES FEBRUARY 12TH STUDENT GYM 2ND FL R2 5:00

Baked Zucchini Sticks

Ingredients:

- 4 medium (7 oz each) zucchinis, ends trimmed
- 3 large egg whites, beaten
- 1/4 tsp kosher salt
- Fresh black pepper, to taste
- 1 cup seasoned whole wheat breadcrumbs
- 2 Tbsp grated Pecorino Romano cheese
- 1/4 tsp garlic powder
- 1/2 cup marinara sauce for dipping (optional)

Directions:

1. Preheat the oven to 425.
2. In a small bowl, beat the egg whites and season with salt & pepper. Place the breadcrumbs in a ziplock bag with the garlic powder and cheese. Shake well.
3. Spray a baking sheet with cooking spray or line with foil.
4. Dip zucchini sticks into the egg whites and then into the breadcrumbs. Organize on the baking sheet.
6. Serve with the marinara sauce if desired.
7. Enjoy!

https://www.skinnytaste.com/baked-zucchini-sticks-13-pts/
Wellness Weekly Challenge

VTC Student Gym News...

Although the dean’s office is temporarily unoccupied; our interim dean still conducts regular meetings at the dean’s office conference table (directly below the student gym).

So... please do not drop the weights.

And... you may have noticed our two treadmills disappeared over the past few months.

Please know we have been working with VT Rec Sports to replace them. We hope to have the replacements soon.

On-Going VTC Wellness Activities

Pop Pilates
February 5th
5:00 PM
February 12th
5:00 PM
Student Gym 2nd fl R2

Walking Wednesdays
Every Wednesday at noon—group meets at the base of the Riverside 2 steps.

Wellness Google Group
Need Wellness Event Reminders!?
Join:
vtcsom-wellness-g@vt.edu

Mindfulness
February 11th
12:15
April 8th
12:15
Student Commons
DOCS FOR MORGAN
BASKETBALL CHALLENGE

February 7, 2019 ~ 7:00 p.m.
Patrick Henry High School
2102 Grandin Road SW, Roanoke
FREE Admission*

ABOUT DOCS FOR MORGAN
Docs for Morgan was formed in 2012 by Carilion Medical Center physicians who wanted to honor Morgan and support her parents, Dan and Gil Harrington after her untimely death.

THE SCHOLARSHIP
*Money raised through donations supports the Morgan Dana Harrington Memorial Scholarship Fund at the Virginia Tech Carilion School of Medicine. The scholarship honors Morgan’s passion for education.

A donation table will be set up at the game, or you may visit medicine.vtc.vt.edu/giving

Questions? Email: may@vt.edu

*The activity described here is not sponsored or endorsed by the Roanoke City or Roanoke County School Boards.
Special Events for February...

**Herb Garden Seed Planting**
The garden behind the front desk where Stephanie greets VTC visitors is Morgan Harrington’s memorial garden. It is a place for all VTC faculty, staff, and students to sit in quiet reflection, meditation, and peace. In the spring, the medical students will be adding a small collection of herbs to the garden. So, this month, we will be planting the seeds in small seed starting pots so they can begin growing during these cold winter months.

*Join the Nutrition Club & the Wellness Advocacy Committee,*

*February 6th - 4:00 PM*
*Student Kitchen, 2nd floor*

**VT Hokie Wellness WellFest**

*February 12th*
*3:00-5:00*
*Riverside 2 Atrium & Café*

All Faculty, Staff, Post-docs, and Students Welcome
Come out and enjoy chair massages, the VT therapy dogs, free swag and lots more!

**Tea & Jazz**

*Spend your study time on the Student Commons*

*February 15th*
*2:30 - 5:00*

Enjoy some tea, treats, and jazz while you’re there.
Employee Assistance Program (EAP)

Overview

EAP services are provided to employees who seek assistance or counseling through difficult times.

If you need assistance or want someone to talk to, Hokie Wellness is available to help.

- Call Hokie Wellness at 540-231-8878, or send an email to hokiewellness@vt.edu to speak to a wellness team member.
- If you have a loss in your department or need additional resources, Hokie Wellness can coordinate support and grief counseling for your group.

Benefited Employees

Hokie Wellness can schedule a confidential, individual appointment with you, connect you to an EAP provider, or you can call the provider directly.

<table>
<thead>
<tr>
<th>PLAN OR BENEFIT</th>
<th>WHO TO CONTACT FOR YOUR CONFIDENTIAL SERVICES PROVIDER</th>
</tr>
</thead>
<tbody>
<tr>
<td>COVA Care and COVA HDHP—Anthem</td>
<td>1-855-223-9277 or Anthem EAP at <a href="http://www.anthemEAP.com">www.anthemEAP.com</a></td>
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<td>(Login: Commonwealth of Virginia)</td>
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<tr>
<td>COVA HealthAware—Aetna</td>
<td>1-888-238-6232 or <a href="http://www.mylifevalues.com">www.mylifevalues.com</a></td>
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<td></td>
<td>(Username: COVA, Password: COVA)</td>
</tr>
<tr>
<td></td>
<td>Employee Assistance Program (EAP) Beacon:</td>
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<td>1-866-517-7042</td>
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Benefited employees and their dependents are able to receive four EAP sessions with a counselor at no charge. There are a variety of issues that EAP counselors can assist you with, including:

- Alcohol
- Drugs
- Family
- Legal
- Health
- Financial
- Housing
- Retirement
- Mental health
- Child care
- Elder care
- Grief
- Spousal/child/parent abuse
- Workplace
- Career planning
RESOURCES FOR ROANOKE AND THE SURROUNDING AREA

COOK COUNSELING CENTER
The Cook Counseling Center (CCC) provides individual, group counseling, crisis intervention, psychiatric care, and referral to qualified community practitioners. CCC offers workshops and outreach presentations to the campus community on a variety of topics, including stress management, relaxation skills training, and study skills assistance. Business hours are Monday through Friday from 8 AM-5 PM. Emergency services are available after regular office hours by calling (540) 231-6557. More information can be found by visiting our website at: www.ucc.vt.edu

Other area resources are available to assist with a variety of issues, including:

CRISIS / MENTAL HEALTH EMERGENCY
Blue Ridge Behavioral Access Center (540) 343-3007
Blue ridge Behavioral Healthcare Crisis Services (540)981-9351
Cook Counseling Center (540) 231-6557

CRISIS HOTLINES
Adult Protective Services (888) 832-3858
Child Abuse and Neglect Hotline (800) 244-5373
Child Protective Services (800) 552-7096
Domestic Violence Hotline (800) 838-8238
Poison Control (800) 222-1222
Respond-LewisGale Medical Center (540) 776-1100
Sexual Assault Response & Awareness - SARA, Suicide Hotline (540) 981-9352

HEALTH DEPARTMENT
Roanoke City Health Department (540) 283 5050
Roanoke County/Salem Health Department (540)387-5530
Roanoke County/Vinton Health Department (540)857-7800

HOSPITALS
Bradley Free Clinic (540)344-5156
Carilion Clinic (540)981-7900
Carilion Connect (540)981-8181
Carilion Roanoke Community Hospital (540)985-8000
Carilion Roanoke Memorial Hospital (540)981-7000
Lewis-Gale Medical Center (540)776-4000
Veterans Affairs Medical Center (540)982-2463

IMMIGRATION
Citizen & Immigration Services (800) 375-5283
Literacy Volunteers of America (540) 265-9339
Refugee & Immigration Services (540)342-7561

LOCAL RESOURCES
Partnership for Prescription Assistance (888)477-2669
Planned Parenthood (540)662-2370
Project Access (540)344-4200
Rescue Mission (540)777-7671
Roanoke Valley Interfaith Hospitality Network (540)343-9982
# VTC Fitness Challenge Week 5 Standings

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team Name</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Will Run for Margs</td>
<td>637</td>
</tr>
<tr>
<td>2</td>
<td>Nocardia for Old Men</td>
<td>583</td>
</tr>
<tr>
<td>3</td>
<td>The Titan Fit Swolemates</td>
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<td>4</td>
<td>Quadratus Firmoris</td>
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<tr>
<td>5</td>
<td>Cirque du Sore Legs</td>
<td>434</td>
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<tr>
<td>6</td>
<td>Squat It Like It’s Hot</td>
<td>425</td>
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<tr>
<td>6</td>
<td>VALKyries</td>
<td>425</td>
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<tr>
<td>8</td>
<td>Swole Girls</td>
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<td>9</td>
<td>Spite Team</td>
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<tr>
<td>10</td>
<td>Gains before Brains</td>
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<tr>
<td>11</td>
<td>Dopaleans</td>
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<tr>
<td>12</td>
<td>A Little Week Behind</td>
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<tr>
<td>13</td>
<td>Nicolas Cage Fighters</td>
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<tr>
<td>14</td>
<td>Thick &amp; Thin</td>
<td>246</td>
</tr>
<tr>
<td>15</td>
<td>We Get You In</td>
<td>201</td>
</tr>
<tr>
<td>16</td>
<td>We Got (Clinical) Skillz</td>
<td>187</td>
</tr>
<tr>
<td>17</td>
<td>Pumped Up Chicks</td>
<td>177</td>
</tr>
<tr>
<td>18</td>
<td>Kalorie Kings</td>
<td>157</td>
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<tr>
<td>19</td>
<td>Mission Slimpossible</td>
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<tr>
<td>20</td>
<td>Knee High by the 4th of July</td>
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<tr>
<td>21</td>
<td>Airi Wants a Free Tank</td>
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<tr>
<td>22</td>
<td>Sparkle Motion</td>
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<tr>
<td>23</td>
<td>Harolds and Kumar</td>
<td>75</td>
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<tr>
<td>24</td>
<td>Running on Empty</td>
<td>64</td>
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<tr>
<td>25</td>
<td>JAK’d STAT</td>
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<td>26</td>
<td>Team Name TBD</td>
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<tr>
<td>27</td>
<td>Mass PECTrometry</td>
<td>28</td>
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<tr>
<td>28</td>
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PLEASE FEEL WELCOME TO SUBMIT ARTICLES OR IDEAS TO ANY MEMBER OF THE WELLNESS ADVOCACY COMMITTEE.

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

ROBYN GOODRICH - CLASS OF 2022

DR. JENNIFER SLUSHER, PhD, LPC

DR. ALLISON BOWERSOCK, PhD, CSCS, ACSM-EIM

LAURIE SEIDEL, MSN, RN

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

“I’m not afraid of storms, for I’m learning how to sail my ship.”
- Louisa May Alcott

IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY, PLEASE EMAIL EMILY HOLT FOERST, OFFICE OF STUDENT AFFAIRS VTC SOM.

TO SEND A “WEEKLY SHOUT OUT” MESSAGE,

EMAIL EMILY HOLT FOERST AT EMILY_10@VT.EDU